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SEVEN DEAD IN WIS. TEMPLE SHOOTING {page 06}

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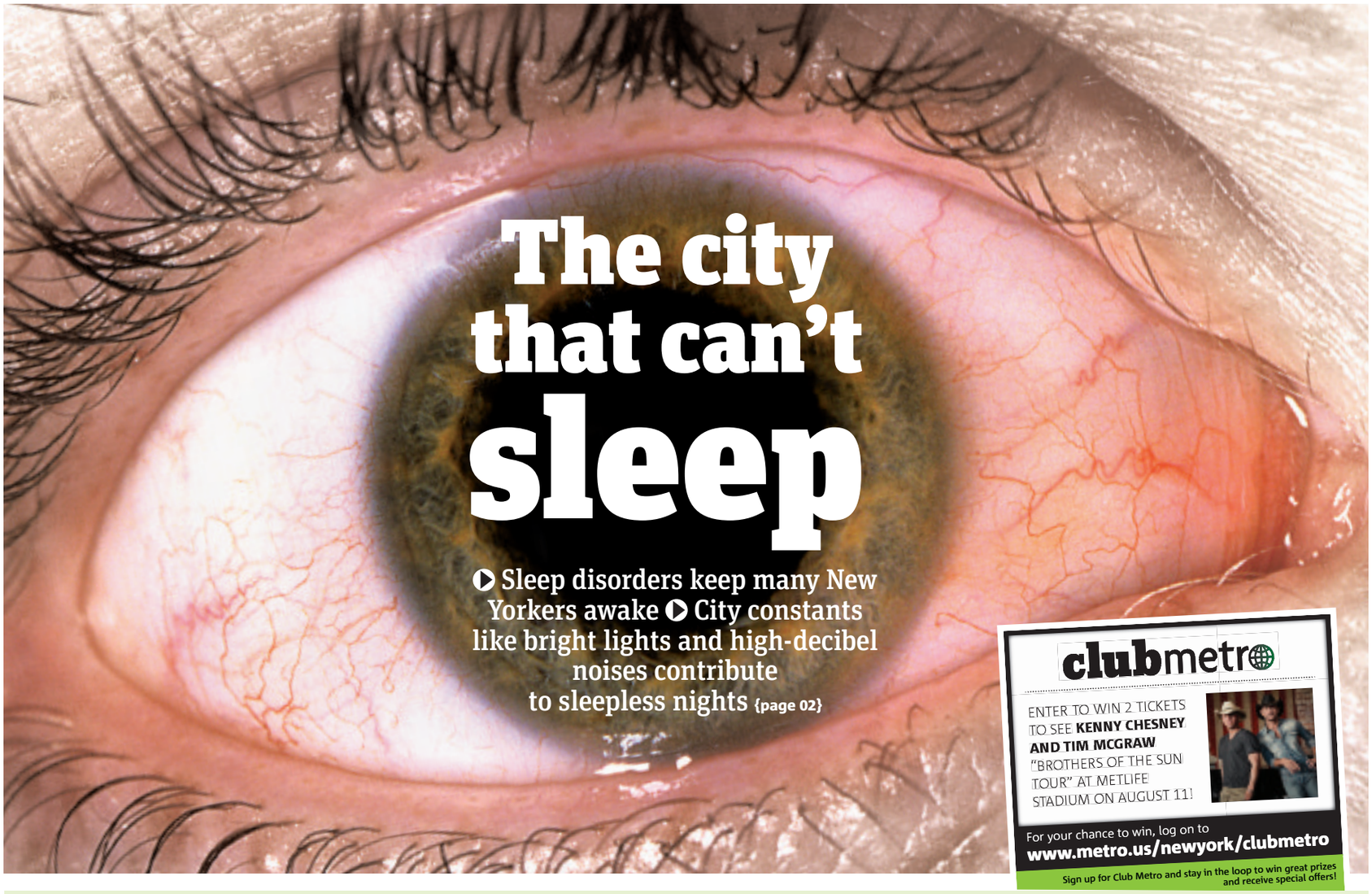
Monday, August 6, 2012



The city that can't sleep

Sleep disorders keep many New Yorkers awake City constants like bright lights and high-decibel noises contribute to sleepless nights {page 02}

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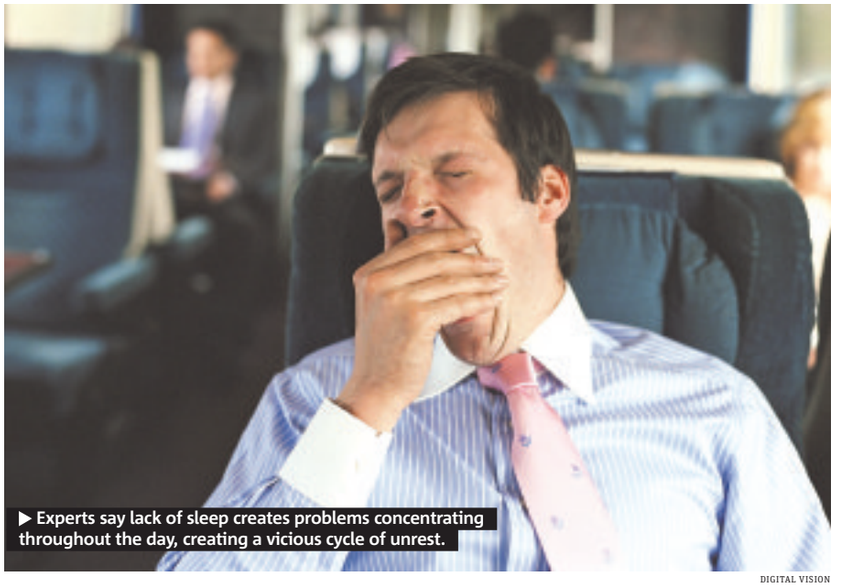
Getting some rest in the no-sleep city

New Yorkers suffer from myriad sleep problems ▶ And the city's soundtrack doesn't help, as jackhammers and neighbors keep locals up ▶ About 125,000 noise complaints in 2012



▶ Experts say lack of sleep creates problems concentrating throughout the day, creating a vicious cycle of unrest.

DIGITAL VISION

It's is the city that never sleeps.

But New York City residents who stay up all night are supposed to be dancing in clubs or chatting in diners during the early morning hours — not lying awake in their beds, straining to sleep.

Sleep disorder specialists tell Metro that New York is a harsh place for people struggling to get some shuteye.

They estimate that hundreds, if not thousands, have problems sleeping, which include a variety of symptoms.

Every month, the Sleep Disorders Institute in Midtown sees 250 patients, according to a spokesperson.

People with sleep problems usually take longer than 30 minutes to fall asleep and frequently awake or never feel rested. Often, they are unable to sleep past three or four hours a night, said Dr. Marlynn Wei, a psychiatrist who treats people with sleep issues.

And the glittering New York skyline can hamper sleep.

Things that make it harder to sleep — noise, light, using your home as your office — are much more common in the five boroughs.

According to a city spokesman, 311 has received 125,000 noise complaints so far this year. Many come from the Village area, stretching up toward Gramercy Park.

"Problems with sleep are very common, especially in New York, because of the environmental problems that are outside your control — like noise, not having enough space and also a lot of work and career and personal life stress," Dr. Wei told Metro.

New Yorkers' busy schedules don't help.

"They go get to the gym, they pick up their kids, they don't have time to eat and they eat before they go to bed — and that's the worst thing you can do for your sleep," said Dr. Steven Y. Park, a physician and sleep specialist.

ALISON BOWEN
alison.bowen@metro.us

Quoted

"Because of the physical constraints and the crowdedness, I think the decibels level is much higher in New York than anywhere else."
DR. MARLYNN WEI

Lack of sleep creates health problems

"Sleep is one of [the most] ... important elements to good health," said Dr. Robert Meyers, a psychologist and sleep expert.

People without restful sleep have higher rates of depression, heart attacks, strokes and car accidents, Dr. Park added.

"People take for granted sleep in New York City, and that's the first thing that gets sacrificed," Dr. Park said.

"Sleep should be your most important appointment of the day."

91 Percent of patients with a stroke had sleep apnea, according to a study at the American Stroke Association's 2012 International Stroke Conference.

How to get some zzz's

- Don't drink or eat three hours before bedtime.
- Don't drink coffee or tea in the afternoon.
- Turn off all electronics about an hour before you go to bed.
- Even lights on a turned-off TV can trouble the brain — Dr. Park covers these with black electrical tape.
- Don't work at night.
- Use a white-noise machine to reduce city noise.
- Try not to work in your bedroom – that makes you associate the bedroom with work and daytime, Dr. Wei said.
- Cover up the window to make sure no light gets through.

Struggling to sleep

People with sleep problems often have these symptoms:

- Take longer than 30 minutes to get to sleep
- Wake frequently throughout the night
- Do not feel rested in the morning
- Unable to sleep past three or four hours

City's soundtrack adds to insomnia

The city is so noisy that it even has its own noise code, updated in 2007 for the first time in 30 years.

The Department of Environmental Protection and the NYPD both investigate noise complaints, which are typically directed to 311.

It's harder to sleep in New York, where sound often tops typical conversation levels — estimated at about 65 decibels.

For example, midtown Manhattan traffic noise can be 70 to 85 decibels, and a jackhammer can be up to 110 decibels or a stereo system 120 — dwarfing the normal conversation or laughter decibel.

The city tries to manage the noise, asking that construction projects prepare noise mitigation plans, like outfitting jackhammers with mufflers.

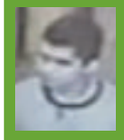
Construction projects are also limited to between 7 a.m. and 6 p.m. on weekdays, according to the city.

Also, New Yorkers can call about animal noise that is "unreasonable and plainly audible" after 7 a.m. and before 10 p.m. and continuous for 10 minutes or more, or overnight, after 10 p.m. and before 7 a.m. that continues for five minutes or more.

42
Bars and restaurants are supposed to limit their noise to 42 decibels as measured from inside nearby residences.

In the news

Cops search for assault suspects



EAST HARLEM. Cops are looking for two men who sexually assaulted a 35-year-old woman. Cops say that around 3:20 a.m. Aug. 2, two men attacked the woman, 35, near Lexington Avenue and 112th Street. One man threw her to the ground and sexually assaulted her while the other acted as a lookout. Both suspects are described as male, Hispanic, 20 to 25 years old and 5-foot-5. Anyone with info should call 800-57-TIPS.

In the news

Man survives Bronx car plunge

BRONX. A man survived a 50-foot plunge from a Bronx expressway Saturday. The man reportedly walked away from the crash below the Major Deegan Expressway around 5:40 in the morning. His SUV was totaled in the crash near Mill Pond Park, but the man was reportedly able to exit the car and then was taken to the hospital for serious injuries.

METRO/AB

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After helping countless knee pain sufferers eliminate their pain, a local doctor warns,

If you or a loved one are scheduled for knee surgery,

READ THIS ARTICLE BEFORE IT'S TOO LATE!

According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

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Do your knees hurt when going up or down the stairs?

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Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retreived July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

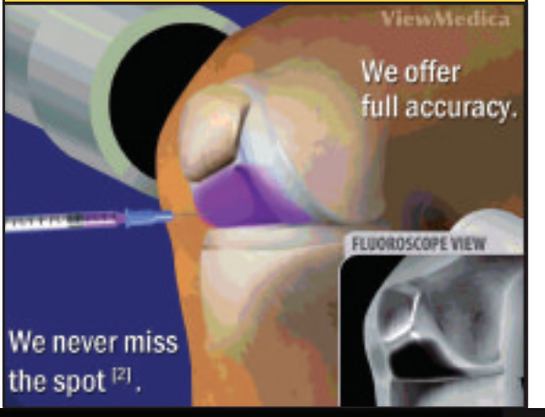
Why do knee injections often fail?

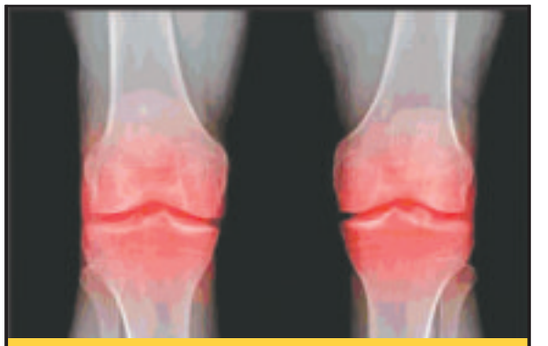
What's different about our procedure?

Most doctors today do one of three things:
1) They perform "blind injections" (an injection done without imaging guidance). 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York. 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement. [1]With this much inaccuracy, **it's no wonder most people never find relief.**





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When will I feel results?
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Reward offer in Bklyn murder

BENSONHURST. Police are offering a $12,000 reward in exchange for information leading to the arrest and conviction of the perpetrator of a Brooklyn killing. Isaac Kadare, 59, was found dead Thursday evening inside of a 99-cent store that he reportedly owned. A person wanted for questioning was described as a sunglasses-wearing 5-foot-9 Hispanic man in his 20s. METRO/JG

$12K

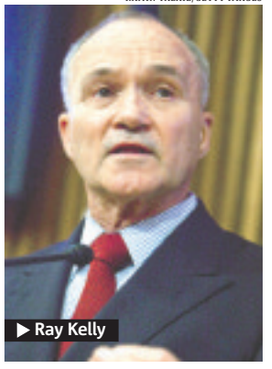
Reward in exchange for tips leading to the arrest and conviction of the perpetrator of a killing in Brooklyn.

▶ Murder suspect

Stop and frisks on the decline

▶ Second quarter of 2012 saw 34 percent fewer stops than first quarter ▶ Data arrives amid controversy

RAMIN TALAIE/GETTY IMAGES



▶ Ray Kelly

Forces opposed to the NYPD's controversial stop-and-frisk program may be winning concessions.

Police conducted 203,500 stops during the first three months of 2012, but that number dropped to 133,934 during the following three months, according to various news reports.

"This reduction is a good start, but much more needs to be done to rebuild community trust," Donna Lieberman, executive director of the New York Civil Liberties Union, said in a statement.

Public Advocate Bill de Blasio took a similar position, saying stop and frisk had "undermined the trust and collaboration we need to fight violence."

Nearly 700,000 New Yorkers were stopped last year, most of whom were black or Latino. That number represented a 14 percent increase from 2010 and a 600 percent increase since police began collecting such data in 2002.

Mayor Michael Bloomberg and Police Commissioner Ray Kelly have both strongly supported the program, though they agreed in May to make a few tweaks.

Around that same time, a federal judge certified a class-action lawsuit challenging the constitutionality of stop-and-frisk policies, and de Blasio introduced legislation that would mandate a reduction in the number of unwarranted stops.

Meanwhile, a silent protest this June drew thousands of stop-and-frisk opponents.

The NYPD did not respond yesterday to a request for comment.

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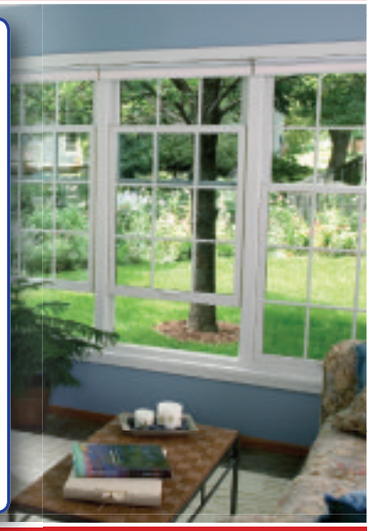

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Bikes. Streets

▶ Grand Central was a bike backdrop.

DOT

Bicyclists came out in droves Saturday along the nearly seven miles of pavement closed off to cars as part of the city's fifth-annual Summer Streets. Other activities included rock climbing at Spring Street and zip lining at Foley Square. Summer Streets will also be Aug. 11 and Aug. 18. METRO/JG

Pets. Adoption

▶ Dotty is looking for a home where she is the only pet, with an owner who has plenty of shepherd-owning experience.

ASPCA

Adopt a Pet with Metro and the ASPCA

Dotty is a beautiful 6-year-old shepherd mix who can't wait to settle into a home of her own. This love bug is super affectionate with people that she knows, but it takes time for her to warm up to strangers. She has some energy to burn, so a bit of daily running exercise would be best. Dotty is spayed and up-to-date on all vaccinations. To adopt Dotty, stop by the ASPCA Adoption Center at 424 E. 92nd Street, visit adoptaspca.org or call 212-876-7700 ext. 4120.

Senator asks FDA to restrict the sale of laser pointers

Laser pointers are meant for benign use in office presentations.

But because more and more people appear to be shining them instead at passing aircraft, the U.S. Food and Drug Administration should restrict their sale, Sen. Charles Schumer said yesterday in a letter to the agency.

"Shining a laser at an aircraft is dangerous and could lead to a horrible tragedy," Schumer said.

He pointed out that a JetBlue pilot traveling from Syracuse to JFK received minor eye damage two weeks ago from a laser. A few days later, a laser was likewise directed at a Suffolk County police helicopter.

Schumer asked the FDA to consider lowering the allowable strength of recreational laser pointers. He also wants limits on who can purchase more powerful lasers.

Aiming a laser at an aircraft was recently made a federal crime.

JESSE GREENSPAN
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Number of laser incidents rising

The frequency with which lasers are shined into the cockpit of an aircraft has skyrocketed during the past six years, according to Federal Aviation Administration statistics. In 2011, 3,591 such incidents were reported, up from 283 in 2005. About 1,750 aircraft laser incidents have been reported so far in 2012.

Teen criticizes cop subway stop

HARLEM. A 15-year-old girl said cops handcuffed her because they didn't believe she was young enough to have a student MetroCard. Alexis Sumpter, 15, told the Daily News that cops approached her at the 125th Street Station on July 26, after she swiped a student card for the A train. She said she had finished summer school and was heading to a marketing internship when cops stopped her. She had no ID, she said, because it was recently stolen. A cop pressed her face against the wall while two others handcuffed her, she said. She was released when her mother brought her birth certificate to the station. She wasn't arrested or given a summons, she told the newspaper.

METRO/AB

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Seven dead in shooting at Wis. Sikh temple

DARREN HAUCK/GETTY IMAGES

GETTY IMAGES

▶ Police surrounded the Sikh temple where a gunman stormed the service and opened fire yesterday in Oak Creek, Wis.

A gunman killed six people and critically wounded three at a Sikh temple during Sunday services before police shot him dead. The attack is being treated as domestic terrorism, police said.

The gunman opened fire upon entering the kitchen at the Sikh Temple of Wisconsin in suburban Milwaukee at about 11:30 a.m. EST as women were preparing a Sunday meal, witnesses said. They described the shooter as a white male.

Turban-wearing Sikhs are often mistaken for Muslims, and the Federal Bureau of Investigation is overseeing the probe into the shootings, Oak Creek Police Chief John Edwards said.

"We're treating this as a domestic terrorist incident," he told reporters.

Four people were shot and killed inside the sprawling temple. Three, including the gunman, were killed outside. The gunman ambushed and shot a police officer several times after the officer responded to a 911 call and was helping a shooting victim, Edwards said.

A second officer shot and killed the gunman. Edwards did not have information about the identity of the gunman or as to what kinds of weapons he had used.

The wounded officer, a 20-year veteran, was taken to a hospital and is expected to survive, according to Edwards.

The Oak Creek shooting is the latest in a series of gun rampages in the suburban United States.

The shooting came little more than two weeks after a gunman opened fire at a theater in Aurora, Colo., killing 12 people and wounding 58. In January 2011, then-Congresswomen Gabrielle Giffords was the target of an assassination attempt in which six people were killed and 13 were wounded.

"The gunman is worse than the one at the theater a couple of weeks ago because he targeted an entire community," said temple member Jagatjit Sidhu. **REUTERS**

Lone gunman

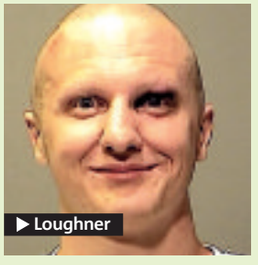
▶ Witnesses at the temple had said there was more than one gunman, but Edwards said reports of multiple gunmen were common in incidents that involved only one shooter.

News in brief

Loughner to plead guilty in Arizona shooting spree

PHOENIX. Jared Loughner, the man accused of killing six people and wounding then-U.S. Rep. Gabrielle Giffords in 2011, is set to plead guilty in a Tucson court tomorrow, a person familiar with the case said.

The source confirmed that the federal government believed Loughner was now competent to stand trial and will argue that in court on Tuesday.



▶ Loughner

Loughner is willing to change his plea to guilty at the previously scheduled hearing, the source said.

Psychiatric experts who have examined Loughner were scheduled to testify in a mental competency hearing tomorrow that he was competent to stand trial and understood the 49 charges against him, the Los Angeles Times reported earlier.

A spokesman for the U.S. Attorney's office in Phoenix said he could "neither confirm nor deny" whether Loughner would plead guilty. **REUTERS**

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News in brief

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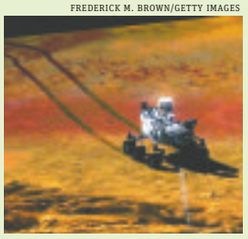

NASA Rover in make-or-break Mars landing

PASADENA, CALIF. The Mars rover Curiosity, on a quest for signs the Red Planet once hosted the building blocks of life, streaked into the home stretch of its eight-month voyage yesterday nearing a make-or-break landing attempt NASA calls its most challenging ever.

Curiosity, the first full-fledged mobile science laboratory ever sent to a distant world, was scheduled to touch down inside a vast, ancient impact crater last night.

Mission control engineers at the Jet Propulsion Laboratory near Los Angeles acknowledge that delivering the one-ton, six-wheeled, nuclear-powered vehicle in one piece is a highly risky proposition, with zero margin for error. **REUTERS**

Republicans accuse Reid of lying about Romney's taxes

WASHINGTON. The U.S. presidential campaign's war of words turned increasingly bitter yesterday with two influential Republicans accusing the top Senate Democrat of lying when he said their party's presidential hopeful, Mitt Romney, had not paid income taxes for 10 years.

Reince Priebus, the Republican Party's national chairman, called Senate Majority Leader Harry Reid "a dirty liar" for his accusation, based on a source that Reid has not named. **REUTERS**

Scientist: Heat waves are caused by global warming

SCOTT OLSON/GETTY IMAGES

▶ A corn crop failed to mature in a field July 28, 2011 near Perryton, Texas. The severe drought caused most dry-land (non-irrigated) crops in the area to fail.

The Texas drought last year, the Russia heat wave in 2010 and other extreme weather "certainly would not have occurred" without global warming, according to a paper prepared by a top U.S. government climate scientist.

Abnormal weather episodes were so rare from 1951 to 1980 that the recent events can only be explained by the effects of the increasing accumulation of carbon dioxide in the atmosphere, according to research published today. If carbon emissions continue unchecked, such events will become routine, with more extremes common within 50 years.

"We now know that the chances these extreme weather events would have happened naturally — without climate change — is negligible," James Hansen, the top climate-change scientist at the National Aeronautics and Space Administration and writer of the paper, said in a statement. "The natural changes in weather from day to day and year to year [don't explain those events]."

The paper by Hansen and two co-authors, to be published in the peer-reviewed Proceedings of the National Academy of Sciences, was written before the recent record heat waves and drought across the U.S. Once that data is analyzed, it probably will show links to global warming as well, Hansen wrote in the Washington Post. **BLOOMBERG**

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Environmentalism and religion find common ground in higher education

For more than seven years, Wake Forest professor Lucas F. Johnston studied the intersection of religious faith and the environmental movement. But he often found himself frustrated by a basic disconnect: Worldwide, there was a rapidly growing effort to link theology with environmental consciousness, but this didn't appear to reap any measurable changes. People changed their philosophy, but they didn't change their behavior.

Now Johnston is at the forefront of a movement to further incorporate environmental sustainability into higher education curricula. But for Johnston, an ideological shift isn't good enough. He wants results.

"For a long time, the religion and ecology field was, basically, advancing popularized narratives about why this or that religious tradition was inherently green," says Johnston. "In a similar fashion, we saw a lot of anecdotal stories coming out of higher education. That's a good first step. … But now we need to gather some empirical data. We need to find out what changes systems and people."

Johnston recently edited a book that attempts to do just that. "Higher Education for Sustainability: Cases, Challenges, and Opportunities from Across the Curriculum" contains some of the most thorough research and analysis on green courses to date.

"All sustainable solutions are context-dependent. So in this book we're looking at specific schools — specific contexts," explains Johnston. "Basically, if you take the idea of sustainability seriously, we're talking about our survival as a species. We have to think about educating students about that, because most of them have no sense of what a sustainable society looks like."

▶ Johnston

Quoted

"Basically, if you take the idea of sustainability seriously, we're talking about our survival as a species. We have to think about educating students about that, because most of them have no sense of what a sustainable society looks like."
JOHNSTON

Get involved

For resources to help bring sustainability curricula to your college or university:

The Association for the Advancement of Sustainability in Higher Education (www.aashe.org): During the past four years, this nonprofit has led the charge in researching and developing environmental education on campuses across the country.

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myentertainment

THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

Pattinson, Stewart still not over each other yet

Although she could probably afford to rent a small state, **Kristen Stewart** has taken refuge with friend **Giovanni Agnelli** after leaving the house she formerly shared with **Robert Pattinson**.

Agnelli is not, as his Twitter feed suggests, a random 16-year-old "Twilight" superfan with an unhealthy interest in Stewart's sex life. Instead, he's a friend of the actress who produced her 2010 film "Welcome to the Rileys," and he's upset at how the media is treating his new roomie in the wake of her affair with "Snow White" director **Rupert Sanders**.

"The spin that keeps growing on this story is staggering. There was no onset affair. Stop printing lies," he posted to Twitter, where he's been on a pro-Kristen campaign for weeks.

Stewart

Robert Pattinson, who is hiding out at **Reese Witherspoon**'s ranch, isn't quite buying Agnelli's line about Stewart being "like a little sister" to him.

"Rob knows Agnelli and has been calling him a lot since Kristen has been there," a source tells RadarOnline. "He wants to know why Kristen is staying there at his house. He is super angry now and has accused Giovanni of sleeping with Kristen, too."

Kristen, for her part, is also still pretending that she isn't very rich, very young or very good looking and is obediently moping around the house. "Kristen hasn't showered or changed or washed her hair in several days," the source tells Radar. "She is laying around in her T-shirt and shorts and eating ice cream."

Happy holidays, indeed

Lindsay Lohan and **Charlie Sheen** have already given so much to this page that we could hardly believe this news: Even though he died in "Scary Movie 4," Sheen has rallied and signed on to the fifth installment along with franchise newcomer Lohan, reports E! Online.

The film's due in theaters Jan. 11, when most celebs are still peddling that "I'm so thankful and want to give back" holiday nonsense.

At least she still dreams

Kendall Jenner — better known as the **Kardashian**'s tall half-sister — doesn't want to be just any runway model. "I want to be the next Gisele Bundchen," she tells E! Online. "Everything she does, who she is, what she's done, she's just amazing."

Kendall, honey, we want to be the next Philip Roth. But take it from us — hanging around with the Kardashians for too long is dream poison.

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@danieltosh
i hate you @nbc - your olympic coverage makes me feel like the terrorist have won.

@GordonRamsay01
Just when you thought it was safe to make cup cakes a tarantula hides in my mixing bowl holy crap !

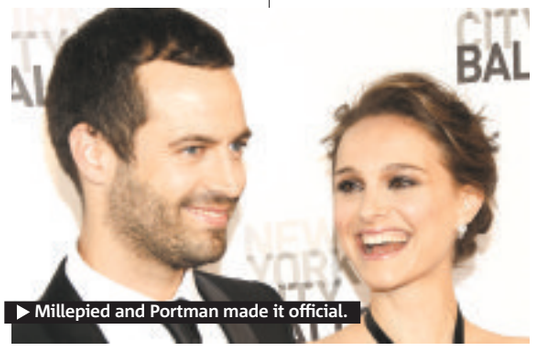
@oliviawilde
Really working hard on my I-swear-I'm-in-control-and-that-was-FUN face right after getting pummeled by a giant wave.

@SarahKSilverman
Nothing's more attractive than an unending monologue about your shortcomings

Talking points

Natalie Portman's a married lady

Though they first showed off their wedding rings at this year's Oscars, **Natalie Portman** and **Benjamin Millepied** reportedly made it official this weekend by exchanging vows in a private Jewish wedding ceremony at a private home near Big Sur, Calif., according to Us Weekly. The couple, who met while working together on 2010's "Black Swan," have a 13-month-old son, **Aleph**.



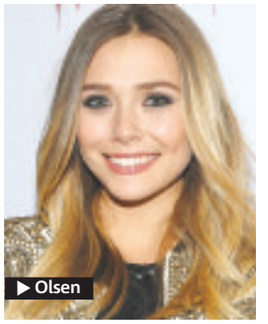
Millepied and Portman made it official.

What is Tatum doing at a NOLA brothel?

Racking up new job titles within the film industry apparently isn't enough for **Channing Tatum**, as the actor and a pal have reportedly purchased a bar in New Orleans, according to In Touch. Tatum and **Keith Kurtz** are now the proud owners of Saints and Sinners, a brothel-style saloon in the city's French Quarter that they plan to renovate in time for a massive reopening party in November. There's no word on how much male stripping the "Magic Mike" star will incorporate into the venue.

Olsen not interested in '50 Shades' role

While **Elizabeth Olsen** insists she's not interested in starring in the film adaptation of "Fifty Shades of Grey," she is still happy the racy book has become so popular. "It's had a huge impact on society. Apparently rope sales have skyrocketed because women who've read the book are really getting into bondage, which is kind of great," Olsen tells Bullettmedia.com. "It's such a taboo for women to actually discuss sexuality without the help of Cosmopolitan."



Olsen

Justin Bieber drives a hard bargain

Every man has his price, and for **Justin Bieber**, the price for him to run onstage completely naked is staggeringly high, according to an interview he gave with BBC Radio 1. After initially insisting that "there's no money that can make me do that," Bieber eventually settled on the totally reasonable sum of $25 billion. "Twenty-five billion? Maybe, yeah," he said. On the more reasonable end of things, Bieber said he would go tothe DJ's parents' house and cook them dinner for $1 million.

Hamster ballin'

1. It's rare that we catch a glimpse of **Brad Pitt** in the wild these days. The actor was spotted In London on Saturday.

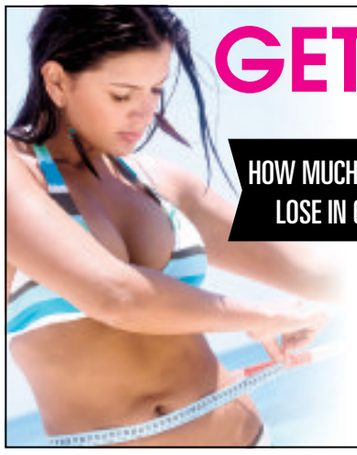
2. It's time to talk about what is going on with **Steven Tyler**. The Aerosmith frontman spent the weekend on the band's Global Warming Tour.

3. Stevie Wonder rocked out at the Ford Hoodie Awards in Vegas on Saturday.

4. Diplo went crowd-surfing, hamster-style (or Wayne Coyne style), at the Mad Decent Block Party in Philly on Saturday.

5. Zach Galifianakis gave **Kya Haywood**, his co-star from "The Campaign," a warm welcome to the red carpet over the weekend.

1:NIKI NIKOLOVA/FILMMAGIC
2: C FLANIGAN/WIREIMAGE
3: ISAAC BREKKEN/WIREIMAGE
4: ROGER KISBY/GETTY IMAGES
5: KEVIN WINTER/GETTY IMAGES



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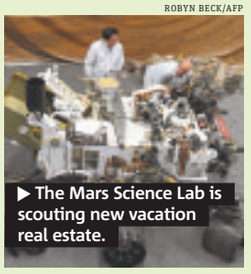

▶ The Mars Science Lab is scouting new vacation real estate.

'Mars Landing 2012: The New Search for Life'

SPECIAL. As the Mars Science Laboratory spacecraft Curiosity is set to land on the red planet, Science follows NASA's Jet Propulsion Lab for an exclusive look at the final stage of its mission to determine if Mars is capable of supporting life. **10 p.m., Science**

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AMBER RAY

Schwarzenegger talks steroids, sexy posters

The action star reflects on his formative years, documented in the ESPN short 'Arnold's Blueprint'

Take away "Terminator." Strip away his governorship. The successes of Arnold Schwarzenegger all boil down to his stint in the Austrian army as a teen, when he won a Mr. Europe bodybuilding championship.

At least, that's the premise of "Arnold's Blueprint," the first film in ESPN's new documentary series, "30 for 30 Shorts," premiering Sept. 26. Director Michael Zimbalist ("The Two Escobars") focuses on Schwarzenegger's enlistment, the military's initial resistance to his sport and his rise to Mr. Universe.

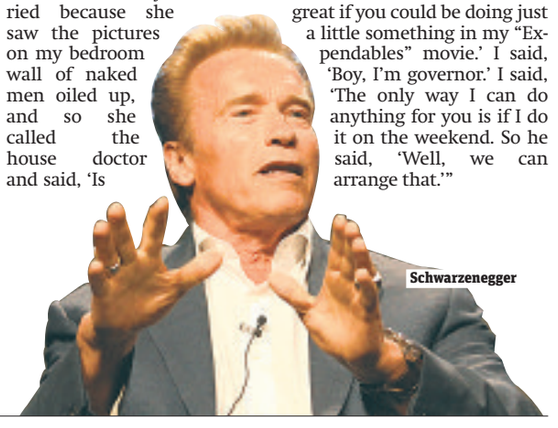
"I had never [seen] a 'no' as a 'no,'" Schwarzenegger told reporters at the Television Critics Association press tour in Beverly Hills, Calif., on Friday. "I always heard 'yes.' And every time someone said it was impossible, I always hear 'It's possible.'"

FOR FULL COVERAGE FROM THE TELEVISION CRITICS ASSOCIATION PRESS TOUR, FOLLOW AMBER: @AMBERATMETRO.

On resistance from his family against bodybuilding: "My mother was always worried because she saw the pictures on my bedroom wall of naked men oiled up, and so she called the house doctor and said, 'Is there something wrong?'"

On performance-enhancing drugs: "Oh, yes, I took steroids. At that point, it was more experimental when I was competing, and then there, of course, there was more and more knowledge, and more research was done, and it exploded into the growth hormones eventually."

On recapturing his action-star status: "One day, I was sitting at my hairdresser, and Sly [Stallone] came up to me, and he said, 'Oh, man, it would be so great if you could be doing just a little something in my "Expendables" movie.' I said, 'Boy, I'm governor.' I said, 'The only way I can do anything for you is if I do it on the weekend. So he said, 'Well, we can arrange that.'"



Schwarzenegger

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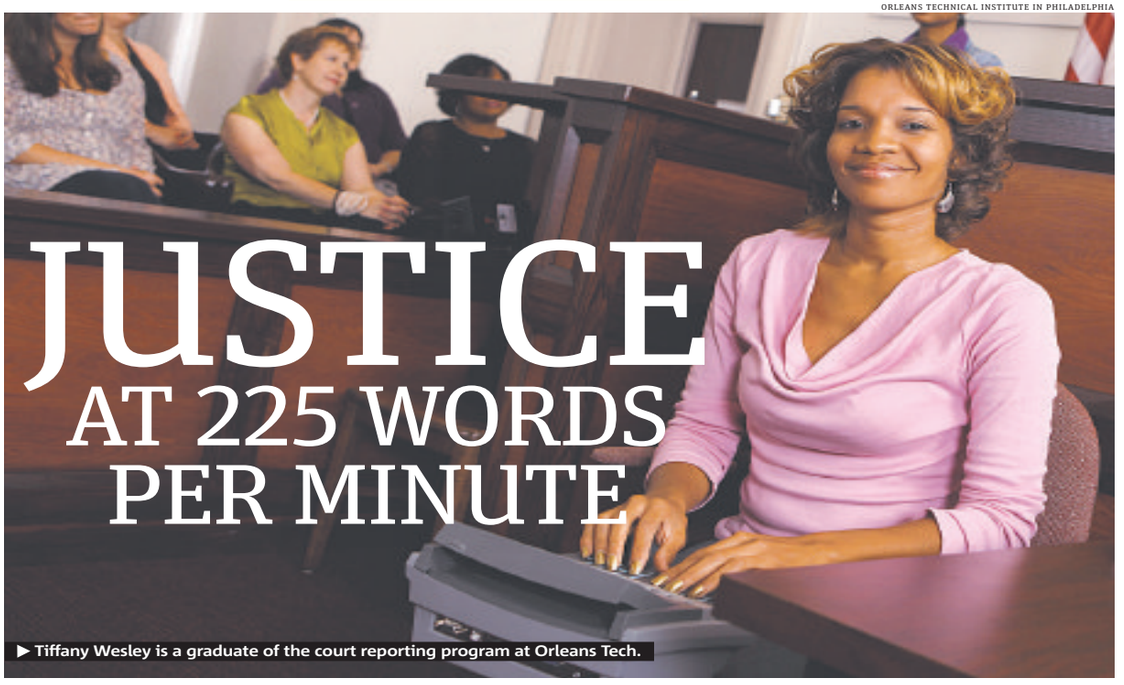

JUSTICE AT 225 WORDS PER MINUTE

▶ Tiffany Wesley is a graduate of the court reporting program at Orleans Tech.

Court reporting requires quick fingers and an even quicker mind Training can take two to three years Certification can make you a more valuable prospect

For an ambitious student with the right combination of talent and patience, court reporting may be a career worth considering.

But reaching 225 words per minute on a stenotype is no walk in the park, and it's hard to know if you have what it takes before committing to the training.

"It's not for everyone. Speaking very bluntly, you have to be a nervous wreck. You are sitting at the edge of your seat. You have to get every word, every utterance," says Patti Blair, who owns her own Chicago-based court reporting business and has been a licensed court reporter for 47 years. "If you're a laid-back person, this profession is not for you."

Qualified individuals can earn the National Court Reporters Association's Registered Professional Reporter credential by passing a rigorous test; their dictation speeds must exceed 200 words per minute.

"There's always people that drop out, just like any college — but not necessarily because they can't do the speed," says Cohen.

Orleans Technical Institute in Philadelphia offers a two- to three-year program that includes the RPR exam, though the school was unable to specify how many students pass the test. However, Marlene Cohen — an employment specialist from Orleans — was quick to point out that passing the RPR is not required for all professional positions in the field. Those who persevere through the training can still seek employment.

"For anyone who is really truly driven and interested in doing this, I think the first course would let them know if they could handle the speed," adds Blair. "But I would say they need to stick it out until they start taking dictation — about four to six weeks."

"It's not for everyone. Speaking very bluntly, you have to be a nervous wreck. You are sitting at the edge of your seat. You have to get every word, every utterance."
PATTI BLAIR,
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$48,530
As of 2010, per the U.S. Bureau of Labor Statistics, there were about 22,000 court reporters employed nationwide. The median annual pay was $48,530 as of 2011. From 2010-2020, growth in this field will be about 14%.

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How to take a technology vacation

Zen in the city

GABRIELLE BERNSTEIN
WWW.GABBYB.TV

The majority of my daily communication happens through e-mail, social media and text messages. By noon I've already engaged in several Facebook conversations and pinned five outfit options for the day. And I know that most folks share the same habits.

Though this fast-paced interaction is exciting and impactful in many ways, it also detaches us from a sense of serenity and connectivity.

For example, summer is a time for chasing fireflies, firing up the grill and basking in nature — but somehow much of that gets lost when we spend half the night trying to craft the best photo of our fish tacos to share online.

This August, take a break from social media, get off the Internet and unplug for real. I know it's pretty freaky to consider a day or even just an evening without access to your iPhone or computer. But the benefits of unplugging are incredible. You'll experience a new sense of serenity, strengthen your interpersonal relationships and reconnect with a childlike joy that can only be found in nature, not on YouTube. Consider unplugging in the following ways, and you'll be sure to experience a true sense of peace.

Don't bring your phone to the beach

Take advantage of this awesome opportunity to connect with nature. Instead of sitting under the umbrella tweeting, rock out on a boogie board or play volleyball. Sink into the beach vibe by leaving your buzzing phone back home.

Speak to people only in person

Rather than e-mail, tweet, text and BBM your way through your weekend or vacation, make a point to talk face to face and truly engage. Look your friends in the eye and listen to what they have to say. Though social media feels like connection, it cannot replace the energy of one-on-one, in-person interaction.

Find a real book

How many hours have you spent cruising your exes' profiles, openly emoting and liking every status or cute-kid pic you see? This month, step away from Facebook and commit to reading at least one book. Sit back, relax and let a great story absorb your mind.

*— **Gabrielle Bernstein** is the author of "Spirit Junkie."*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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▶ Ditch the iPhone for a game of beach volleyball instead.

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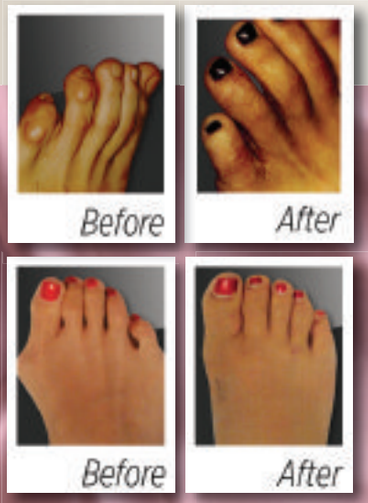

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Strike a pose

Yoga pose of the week: Warrior II

1 Begin standing up straight. On an exhale, step your feet about four feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, keeping your shoulder blades wide and palms down.

2 Turn your right foot in slightly to the right and your left foot out to the left 90 degrees. Align the left heel with the right heel. Keeping your thighs firm, turn your left thigh outward so that the center of the left kneecap is in line with the center of the left ankle.

3 Exhale and bend your left knee over the left ankle so that the shin is perpendicular to the floor. If you can, bring the left thigh parallel to the floor. Anchor this movement by strengthening the right leg and pressing the outer right heel firmly to the floor.

4 Stretch your arms away from the space between the shoulder blades, parallel to the floor. Don't lean the torso over the left thigh. Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly toward the pubic bone. Turn the head to the left and look out over the fingers.

5 Hold for up to one minute. Inhale to come up. Reverse the feet and repeat.

Benefits:
- Strengthens and stretches the legs and the ankles
- Increases stamina
- Helps relieve backaches

— Kristin McGee is a celebrity yoga & Pilates instructor. Visit her website at www.kristinmcgee.com.

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Letters

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Congress should learn less is more

A recent letter writer, Herb Stark, almost demands that congress should "DO SOMETHING," presumedly concerning our economy. Actually, Mr. Stark has got it just backwards! Government should do a lot less, not more. What Congress should do is undo, in exact reverse order, all the unconstitutional "laws" created in the last 40-50 years. Then maybe we can get our country back to normal.

FRANK ST GEORGE, EAST ROCKAWAY, N.Y.

CEO should stick with what he knows

Where are these goofs getting that the government wants to "shut down" Chick-fil-A? No one ever said such a thing. As for the CEO: Since he knows what's best for us peons — as the religious cultists always do — where are his comments about the almost 60 percent divorce rate in this country? Eating coated chicken from a slop fast food restaurant. What a statement you've made. Not!

DONNA DI GIACOMO, GERMANTOWN, PA.

As long as it's not harming anyone ...

I had to respond to these characters bashing Chick-fil-A. We, as Americans, have the right to believe in what we want to believe in — and these people will never change our minds, so they need to stop. We can support any group we want that doesn't harm our citizens. I am 100 percent against gay marriage and I will always be, even if one of my kids turned out gay. I am a Christian and I don't want to see any harm done to them, but I don't believe that it is a productive lifestyle for our society and the future of our children. I'm sick and tired of these gay activists trying to shove it down our throats, and I commend Dan Cathy and all Americans who stand up against this onslaught.

JOHN PALENQUE, VIA E-MAIL

Presidents need rounded character

Kudos to Larry D. Fowler for pointing out that Mitt Romney is not qualified to be president. His analogy (imagining a sports coach as NATO commander — which is obviously ridiculous) is absolutely on point. Just because Romney has been successful in business doesn't mean he understands or is capable of fulfilling the diverse and overwhelming responsibilities of president of the United States. He seems unaware that there's a great deal more to the job description than overseeing the economy. He also appears to lack the expansiveness of character to represent our country to the rest of the world. It's chilling to imagine placing the powers of the presidency into the hands of such a limited person.

LINDA NEVINS, VIA E-MAIL

Romney's riches no help to anyone

I'm wondering in what ways Mr. Romney, with an income of $250 million last year, has used his wealth in the last four years to create jobs. What new businesses has he started and how many people, besides campaign workers, has he hired?

DVORA JONAS, VIA E-MAIL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♌ Leo **July 23-Aug. 22.** Lady Luck is apt to be kinder to you if you're trying to pull off something major, so don't waste time on trivial pursuits. Regardless of the nature of your work, elevate your efforts.

♍ Virgo **Aug. 23-Sept. 22.** You should give top priority to developing a second source of income. Chances are you'll be extremely lucky if you apply yourself to these projects.

♎ Libra **Sept. 23-Oct. 23.** Good things could happen if you associate with as many dynamic individuals as you can. Seek companions who are positive, productive and enthusiastic.

♏ Scorpio **Oct. 24-Nov. 22.** Great rewards could come from situations where you draw upon the resources and/or talents of others rather than just your own. Be sure to share the windfall with those who helped, however.

♐ Sagittarius **Nov. 23-Dec. 21.** Persons with whom you enjoy good social relationships will point you in some interesting directions. If you're in need of a special favor, buzz them first.

♑ Capricorn **Dec. 22-Jan. 19**. Be persistent when it comes to financial matters, because whatever you touch could turn into gold. These chances have good bottom lines.

♒ Aquarius **Jan. 20-Feb. 19.** If a project in which you're presently involved has been too loosely woven to be effective, take it upon yourself do something about it. It definitely can be improved upon.

♓ Pisces **Feb. 20-March 20.** You're in a unique cycle where ways can be found to increase your earning potential. However, it'll be up to you to utilize your creativity and imagination toward these ends.

♈ Aries **March 21-April 19.** Take advantage of your promotional skills, which are likely to be outstanding – this is especially so if you are trying to advance an issue that you feel strongly about.

♉ Taurus **April 20-May 20.** Let your generosity prevail when you see a needy party whom you could easily help if you wanted to. It's possible you'll get back twice as much as you give, but perhaps in an unexpected way.

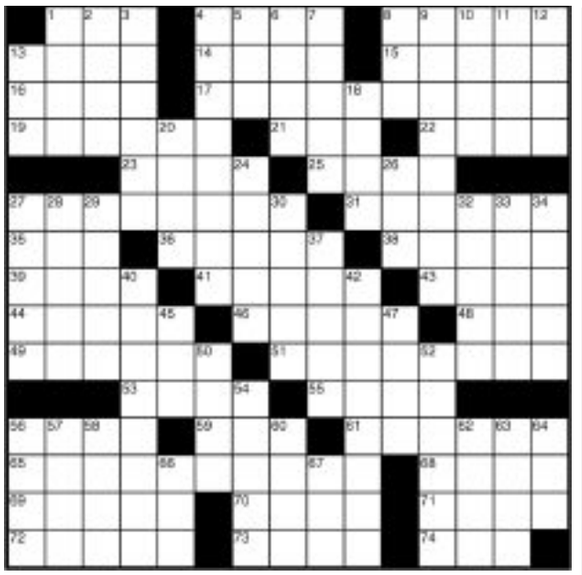
♊ Gemini **May 21-June 20.** Should you get involved in a group endeavor, chances are you'll be a positive catalyst. You could prove to be lucky for everybody concerned.

♋ Cancer **June 21-July 22.** Your instincts to succeed could be more acute than usual, making success for you far more likely once you get a chance to clarify your objectives.

BERNICE BEDE OSOL

Across
1 Noisy bird
4 Ski lift (hyph.)
8 Flop's opposite
13 Lengthy story
14 Therefore
15 Kid who rode Diablo
16 Type of mitt
17 Superman's prowess (2 wds.)
19 Picnic hamper
21 "Norma __"
22 Glut
23 Cabinet dept.
25 Frog step
27 Volcanic craters
31 Built in advance
35 Tavern fare
36 Move a fern
38 Stowed contents
39 Old horses
41 Celtic priest
43 Syrup brand
44 As good as won (2 wds.)
46 Open-air lobbies
48 "Da" or "ja"
49 Heir's legacy
51 Stocky
53 Waterfall sound
55 Captain Hook's cohort
56 Zoo barker
59 Ernesto Guevara
61 It's rich in oil
65 Bavarian wear
68 Costa __
69 Glacial ridge
70 Pub throw
71 Forecast agcy.
72 __ Python
73 Colleen's home
74 9-digit ID

Down
1 1 Website language
2 Dries out, as wood
3 Tugged sharply
4 Nubby
5 Alaska byword
6 Seaweed derivative
7 Fit for a king
8 Astron. or chem.
9 Blurt out
10 Where India is
11 Person from Dundee
12 Give an edge to
13 Cry loudly
18 Prez's stand-in
20 Kassel's river
24 "Lost Horizon" director
26 Bow shape
27 Hiawatha's craft
28 Alda and Thicke
29 Not bogus
30 Below, on a map
32 Unravels
33 Go along with
34 Upward push
37 Makeshift swings
40 Rhett's love
42 Glittery fabric
45 DDE's command
47 Maintain
50 Per
52 Aches for
54 __ Island Red
56 Close violently
57 A Saarinen
58 Mideast gulf
60 __ Morales of "La Bamba"
62 Profiles
63 Optimist's phrase (2 wds.)
64 Road-map org.
66 Actor Alejandro __
67 Use poor judgment



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			9		5		6	1
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7								
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SUDOKU **LEVEL: EASY**

			5	9		2		
5	1						4	
		7	6	1				5
			4			7		2
		3	8	5	2	1		
4		2			1			
7				8	6	4		
	2						1	3
		4		2	3			

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Solution to weekend's crossword

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3

Look inside USA House

US athletes have a secret place to get away from attention in London
Metro gets to take a special peek

For the gold

CASSANDRA GARRISON
CASSANDRA.GARRISON@METRO.US

Away from the hustle and bustle of Olympic Village in East London, U.S. athletes can quietly and privately retreat to USA House.

The USOC staked its claim to an area of London's Royal College of Art across from Hyde Park in April 2011. The state-of-the-art facility serves as a more secluded area for athletes and their families, as well as VIP ticket holders and donors.

Decorated with sponsor-themed lounges, USA House is equipped with a gourmet cafeteria, several bars, meeting rooms, a team shop — and plenty of tight security.

It may be the USA House, but it's definitely not open to all citizens of the USA. USOC officials say the decision to keep the facility private came after athletes wanted it that way.

"It did come from the request of our athletes many games ago, who wanted an additional area of refuge," USOC director of marketing and event services Lisa Reliford told Metro during a closely watched media tour. "They don't get to see their parents a lot [in the Olympic Village]. The minute they get out of the Village, everybody wants to be around them and to get their autographs. So this is an area where they can just come and decompress.

"The whole house just chants 'USA,' and it's so exciting," Reliford said.

*– **Cassandra Garrison** is covering the Olympics live from London. Follow her at @CassieAtMetro.*

The front entrance to the USA House

A buffet dining area for athletes and their families

PHOTOS: GETTY IMAGES

▶ One of the rooms in the USA House has a giant mural of the 2008 Olympic team.

▶ There are patios throughout the house for visitors to watch the games.

Tune in

Three events to catch today:

▶ Two of the premier U.S. women's track stars will be in action in qualifiers as hurdler Lolo Jones takes the track for the first time and Allyson Felix, coming off her 100-meter appearance, competes in her specialty, the 200-meter.

▶ The U.S. men's basketball team will get their second straight test as they face Argentina and Manu Ginobili in their last game of pool play at 5:15 p.m. EST.

▶ U.S. gymnast Gabby Douglas returns to the stage as the women's event finals enter their second day with the uneven bars. It starts bright and early at 9:50 a.m. The bars is Douglas' best apparatus, but she will again be challenged by Russians Viktoria Komova and Allya Mustafina, who finished second and third in the individual all-around.

MARK OSBORNE

The games in pictures

1. **Kara Goucher** had to help her fellow American **Shalane Flanagan** to her feet after the marathon.
2. Kazakh **Ola Rypakova** won the gold in women's triple jump yesterday. Kazakhstan has six medals — all gold.
3. **Tatiana Kashirina** took silver in women's +75kg weightlifting. In the same event, American Holley Mangold finished 10th.
4. U.S. gymnast **McKayla Maroney** botched her second vault while way ahead and had to settle for silver.
5. **Lin Dan,** a rock star badminton player in his home country of China, won gold in men's singles.

PHOTOS: GETTY IMAGES

Medal count

	G	S	B
1. CHINA	30	17	14

2. UNITED STATES	28	14	18
3. GREAT BRITAIN	16	11	10
4. RUSSIA	4	16	15
5. JAPAN	2	12	13
6. FRANCE	8	8	9
7. GERMANY	5	10	7
8. SOUTH KOREA	10	4	6
9. AUSTRALIA	1	12	7
10. ITALY	6	5	3

MICHAEL STEELE/GETTY IMAGES

▶ Usain Bolt flies past the finish line in Olympic-record time as Americans Justin Gatlin and Ryan Bailey follow close behind.

Bolt strikes twice

▶ World's fastest man defends gold in most anticipated matchup in decades ▶ Americans bested by Jamaicans

Lightning struck twice — first in Beijing in 2008 and again in London yesterday.

The world's fastest man, Usain Bolt, retained his Olympic title in the fastest men's 100-meter dash field in history. Every runner except for Asafa Powell, who pulled up with a hamstring injury, finished under 10 seconds. The previous record for most men in single digits was six in 2008. If not for Powell's injury, the whole field almost certainly would have gone under that mark.

The highly anticipated showdown between Bolt and Jamaican countryman Yohan Blake developed as expected in the semifinals, but failed to much materialize in the final. Bolt's typical second-half kick ended up leaving the field in the dust much like in 2008.

Bolt was soundly defeated by Blake in the Jamaican Olympic trials, but Bolt claimed he was not fully healthy. That changed heading into London.

Bolt bettered his own Olympic record of 9.68 set in Beijing, though he didn't approach his world record of 9.58 set at the 2009 world championships.

The three Americans in the final finished third, fourth and fifth. Justin Gatlin, who won the gold in Athens, only to later be suspended for performance-enhancing drugs, completed a remarkable return by winning bronze.

The heats for the men's 200-meter, where Bolt also holds the world record, begin tomorrow.

MARK OSBORNE
mark.osborne@metro.us

US takes gold, bronze in 400m

Sanya Richards-Ross finally got the gold medal she had waited four years to avenge.

Richards-Ross, the wife of former Giants and current Jaguars cornerback Aaron Ross, outlasted Great Britain's Christine Ohuruogu to win the women's 400 meters.

Richards-Ross was the favorite in Beijing in 2008, but she misjudged the race and cracked coming down the final straightaway as Ohuruogu surged past to take gold.

"What I have learned is you don't win the race until you win the race," Richards-Ross said afterward.

Fellow American DeeDee Trotter took the bronze. METRO/MO

Fast times

New records were set for finishing times in second, third and fourth spots.

- Usain Bolt — 9.63 (OR)
- Yohan Blake — 9.75
- Justin Gatlin — 9.79
- Tyson Gay — 9.80
- Ryan Bailey — 9.88
- Martina Churandy — 9.94
- Richard Thompson — 9.98
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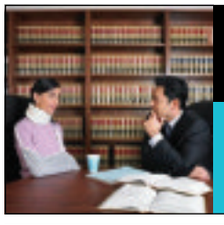
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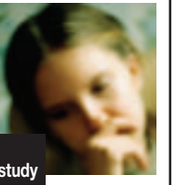
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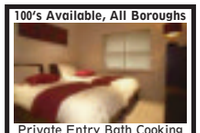
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